

Overclocked:

Deescalating Digital Overstimulation

Technology Addiction
Virtual Learning and Group Sessions
Using Attachment and Behavioural Science

Program Details

Date: October 3 - November 7 2023

(Every Tuesday, 6 sessions in total)

Time: 7:00pm - 8:30pm

Location: Online

Language: English and Cantonese

(Teaching in English, small groups available in English/Cantonese)

Audience: Ideal for ages 16-25

Course developer and lead:

Caleb Tse (MDiv, RP (Qualifying))

Course co-host and consultant:

Dr. Tat-Ying Wong (MD, MTS, MDiv., AAMFT, CAMFT
Supervisor, ICEEFT Certified Supervisor and Trainer)

Learning Objectives



Learn about the neuroscience of gaming addiction



Learn strategies to balance real connections and gaming / social media addiction



Meet like-minded individuals going through similar challenges

Please note: Course fees may be eligible for extended healthcare insurance coverage based on your provider's policies.

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